

Asthma Patient Education Materials

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Living Well with Asthma

This six paneled brochure covers taking medications, using an inhaler, reducing indoor triggers, avoiding outdoor triggers, staying active and peak flow monitoring. The content is aimed at adult audiences.

<http://www.hap.org/healthtrack/pdfs/Asthma.pdf>

_____ 30 copies

All about Asthma/Asthma and Your Child

This two sided "flip book" has information for children with asthma on one side and their parents on the other. The children's section includes puzzles and games about asthma alongside educational information. The parent's section covers asthma basics, medications and triggers.

[Click here to view booklet cover](#)

_____ 30 copies

Asthma....At My Age? Facts about asthma for older Americans

This brochure is aimed specifically at older adults with asthma. It covers asthma basics, asthma action plans and medications.

[Click here to view brochure cover](#)

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Asthma: A Self Care Guide

This 32 page workbook is designed to help adult patients develop and achieve self management goals. The workbook includes space to develop an asthma action plan, maintain a symptom diary, and create an exercise plan.

[Click here to view workbook cover](#)

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My Asthma Wallet Card

This pocket sized wallet card has space to write a patient's long term and quick relief medicines, peak flow numbers, doctor's name and telephone number and emergency contact information. It also lists the warning signs of an asthma attack. A great tool to help patients stay attuned to their important asthma related information.

www.nhlbi.nih.gov/health/public/lung/asthma/asthma_walletcard.pdf

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Please send the materials I've requested to this address:

To place your order, fax this form to Carolyn Linden at 406-444-7465 or mail to
Attn: Carolyn Linden, Asthma Control, PO BOX 202951, Helena, MT 59620-2951



All patient materials are provided free of charge to Montana healthcare providers by the Montana Asthma Control Program. To request more than 30 copies or for more information e-mail Katie Loveland at kloveland@mt.gov or call 444-7304.